



## 2c. In-Store Exercise

### Instructor's Guide

---



#### Set-up

- Choose one of the four sample WIC checks for exercise
  - Recommendation: Have trainee complete shopping with one check at a time
- Make needed copies of sample check for each trainee
- Secure copies of current WIC Approved Foods List for each trainee
- Determine time frame and other conditions for exercise

#### During the Activity

- Explain that the following exercise will increase awareness of whether foods are WIC approved and increase familiarity with WIC Approved Foods List
- Hand out sample check and WIC Approved Foods List to each trainee
- Give directions and time frame for exercise
- Begin activity
- Assist as needed

#### After the Activity

- Review correct and incorrect food selections
- Discuss errors made
  - Emphasize need to carefully read labels and compare with details in WIC Approved Foods List
  - Have trainees replace non-approved foods with approved foods
- Ask for questions about WIC foods selection
- Remind trainees to use WIC Approved Foods List located at register to answer questions about food selection